PE 308 Theory and Psychology of Coaching

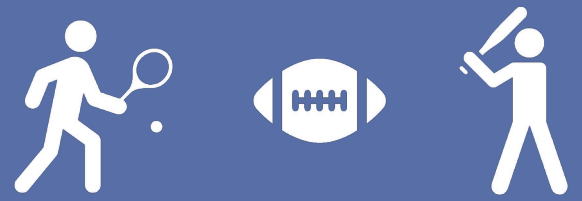
Chapter 4 Coaching for Character

Key Concepts

- Good character consists of knowing what’s right, desiring to do what’s right, and doing what’s right.
- Sportsmanship is simply good character when participating in sport.
- The essential elements of character building in sports can be summed up in the core principles of respect, responsibility, caring, honesty, fairness, and good citizenship.

Key Concepts

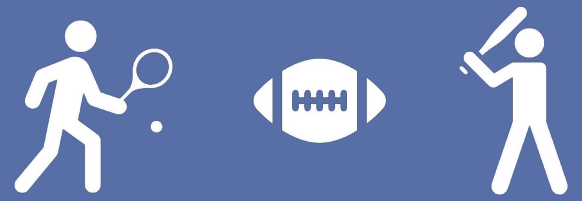
- Coaches have a duty to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling the core principles.
- Coaches can help develop good character by creating a moral team environment, setting rules for good behavior, and modeling moral behavior and ethical decision making.
- Coaches need to have zero tolerance for bullying and hazing.



Character Education

- The need for character development
- Character education defined
- Coaches’ responsibility to build character through sport

Definitions of Character



- Thomas Lickona (1991): “Good character consists of knowing the good, desiring the good, and doing the good.”
- Russell Gough (1998): “Character is what you are in the dark.”
- Behavior that develops good character must be repeatedly practiced in order to become a habit.

Definitions of Sportsmanship

- Grantland Rice: “…not that you have won or lost, but how you played the game.”
- Baron de Coubertin: “The most important thing in the Olympic Games is not to win but to take part.”

Definitions of Sportsmanship

- Sportsmanship is simply good character while participating in sport.
- Sportsmanship is about respect for opponents, officials, teammates, coaches---and especially the game itself.

Teaching Character and Sportsmanship

- Step 1: Identifying the Principles of Character
  - a. Respect
  - b. Responsibility
  - c. Caring
  - d. Honesty
  - e. Fairness
  - f. Good Citizenship
- Step 2: Teaching the Principles of Character
  - a. Create a moral team environment
  - b. Set rules for good behavior
  - c. Explain and discuss moral behavior
  - d. Use and teach ethical decision making
  - e. Motivate your athletes to develop good character
  - f. Model moral behavior
- Step 3: Providing Opportunities to Practice
  - a. Establish routines
  - b. Reward good character

Bullying and Hazing

- **Bullying** - an act of aggression by someone or a group with the intent of harming a person either physically or psychologically.
  - Bullying excludes the victim from the group.
  - Bullies often act alone or in small groups.
- **Hazing** – any action or situation created by a group to intentionally produce mental or physical discomfort, embarrassment, harassment, or ridicule among those wishing to join the group.
  - Hazing is a ritual imposed on a person who wants to join the group.
  - Hazing commonly involves an entire group or team.

Bullying and Hazing

- **Prevention of Bullying and Hazing**
  - Learn more about the bullying and hazing problem
  - Develop a policy on bullying and hazing to clearly define the inappropriate behaviors
  - Review the policy with staff and athletes
  - Include bullying and hazing in your Athlete Code of Conduct
  - Describe alternative experiences that can be used to welcome new members and build cohesiveness
  - Encourage older athletes to mentor younger athletes
  - Don’t ignore bullying or hazing when you see signs of it